## CLAIMS

1. A mobile stage lighting system configured to be positioned on a film stage so as to cast soft light upon the subjects and objects on the stage, the system comprising:

a light frame having a plurality of light sources positioned within the frame;

a light reflective backing over a rear portion and side portions of the light frame;

a diffusion frame detachably mounted to a front portion of the light frame;

a mobile support coupled the light frame and configured to permit the light frame to be moved about the stage; and

a light control system configured to regulate electrical power to the plurality of light sources, such that an illumination intensity of a portion of the plurality of light sources can be varied so as to produce soft light.

- 2. The mobile stage lighting system of claim 1, wherein the plurality of light sources comprise tungsten globe lights having a light reflective shield position between the globe light and the light reflective backing.
- 3. The mobile stage lighting system of claim 2, wherein the light frame further comprises a plurality of light bars, and wherein the plurality of light sources are evenly distributed along the plurality of light bars.
- 4. The mobile stage lighting system of claim 1, wherein the light frame comprises a rectangular metal frame having a lateral dimension that is substantially greater than a vertical dimension.
- 5. The mobile stage lighting system of claim 4, wherein the mobile support comprises a bail that includes upstanding support members

adjacent to the side portions of the light frame and coupled thereto by pins laterally extending from the side portions.

- 6. The mobile stage lighting system of claim 5, wherein the upstanding support members are coupled to the shafts, such that the light frame can be rotated on the bail.
  - 7. A stage lighting system comprising:

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a frame having a plurality of light sources positioned within the frame;

a mobile support positioned below the frame that enables the frame to be moved;

a diffusion film disposed in front of the plurality of light sources; and a light control system configured to regulate electrical power to the plurality of light sources, such that an illumination intensity of individual ones of the plurality of light sources can be varied.

- 8. The stage lighting system of claim 7, wherein the frame comprises a series of light bars, and wherein the plurality of light sources are disposed along the series of light bars.
- 9. The stage lighting system of claim 8, wherein the plurality of light sources are evenly spaced along the series of light bars.
- 10. The stage lighting system of claim 7, wherein the plurality of light sources comprises a plurality of globe lights.
- 11. The stage lighting system of claim 7, wherein the frame has a first dimension and a second dimension, and wherein the first dimension is about twice the distance of the second dimension.

- 12. The stage lighting system of claim 11, wherein the frame has a depth substantially less than the second dimension.
- 13. The stage lighting system of claim 12, wherein the frame comprises a series of light bars arranged parallel to the second frame dimension and wherein the evenly spaced plurality of light sources comprises a plurality of globe lights.
- 14. The stage lighting system of claim 7 further comprising a light reflective surface positioned on the frame behind the plurality of light sources.
- 15. The stage lighting system of claim 7 further comprising an eggcrate louver adjacent to the diffusion film.
- 16. The stage lighting system of claim 7, wherein the light control system comprises two independent circuits, and wherein each of the two independent circuits is coupled to alternating ones of the plurality of light sources.
- 17. The stage lighting system of claim 16, wherein the light control system comprises independent switches coupled to each of the plurality of light sources.
- 18. A stage lighting system for illumination of a stage with soft light, the system comprising:
  - a rectangular frame having a series of light bars positioned therein;
  - a plurality of globes disposed along the light bars;
- a reflective surface on the rectangular frame behind the plurality of globes;

a diffusion layer on the rectangular frame in front of the plurality of globes;

at least one eggcrate louver on the diffusion layer;

a mobile support attached to the rectangular frame that enables the rectangular frame to be moved along a surface; and

a light control system configured to regulate electrical power to the plurality of globes, such that an illumination intensity of individual ones of the plurality of globes can be varied.

- 19. The stage lighting system of claim 18 further comprising a diffusion frame positioned on the rectangular frame, wherein the diffusion frame is configured to hold at least two diffusion layers.
  - 20. The stage lighting system of claim 18 further comprising: an eggcrate louver frame supporting the eggcrate louver; a diffusion frame supporting the diffusion layer;

a first fastening device attached to the rectangular frame and a second fastening device attached to the eggcrate louver frame,

wherein the second fastening device engages the first fastening device to position the diffusion frame between the eggcrate louver frame and the rectangular frame.

- 21. The stage lighting system of claim 18, wherein the rectangular frame has a length dimension that is approximately twice the height dimension.
- 22. The stage lighting system of claim 21, wherein the series of light bars comprises eight light bars vertically positioned in the rectangular frame, and wherein the plurality of globes are evenly disposed on the series of light bars.

- 23. The stage lighting system of claim 22, wherein the plurality of globes comprises thirty two globes in which four globes are evenly spaced along each of the eight light bars.
- 24. The stage lighting system of claim 18, wherein each of the plurality of globes comprise a tungsten light source and a light reflector positioned in proximity to the light source and configured to reflect light toward the diffusion layer.
- 25. The stage lighting system of claim 18, wherein the reflective surface comprises a panel having a light-reflective inner surface covering a back side of rectangular frame.
- 26. The stage lighting system of claim 18, wherein the light control system is arranged such that an illumination intensity of alternating ones of the plurality of globes can be changed.
- 27. The stage lighting system of claim 18, wherein the light control system is configured such that a color temperature of the illumination from the stage lighting system remains substantially constant when the total light output is reduced.